URBAN ETIQUETTE

How to ride transit without being a total jerk

metroVIEWS

Ottawa metro

Your essential daily news | MONDAY, MAY 1, 2017 | High 12°C/Low 3°C Umbrellas recommended

THE HANDMAID'S TALE

It may be a dark future, but individual humanity still shines in this series

metroLIFE

Keeping hikers on the beaten path

GATINEAU PARK

New trails will stop users from making their own, NCC hopes

Haley Ritchie
Metro | Ottawa

The National Capital Comission is asking the public for feedback on a new plan to add another 110 kilometres of trails inside Gatineau Park, which it hopes will satisfy rogue trail users.

"The unofficial trail network that has developed over the years is having a significant environmental impact on sensitive habitats in this conservation park," reads the NCC's statement on the consultation.

"To address this issue, we are seeking to reduce the overall negative impacts on the Park's ecological health, while improving the trail network to meet user needs," it continues.

Right now the NCC offers 200 km of official trails for hiking, mountain biking, snowshoeing and skiing.

The new proposed network would add another 110 km of trails, based on the advice of groups that have developed and use the current rogue system.

After a public consultation last week, the NCC is now asking for input in an online survey. It's part of a larger process that has been taking place during the last three years.

"The NCC did a really good job of taking input from various user groups," said Sandra Beaubien, president of the Ottawa Mountain Biking Association.

Beaubien said many mountain bikers are looking for thinner, more technical trails that have a more rustic feel.

Much of the current network open to bikers are shared with cross-country skiers and are gravelled to facilitate grooming in the winter.

"Mountain bikers are looking for a more natural surface, just a dirt trail through to rocks and something more technical, challenging and fun," said Beaubien. "There's really been a lack of that on the official trails for the last ten to 20 years. It's really exciting to have permission to ride in the future."

Beaubien said she can't speak for everyone, but believes the new trail network would relieve pressure on sensitive areas of Gatineau Park.

"I think if there's something offered that people want to use, they'll use those trails instead of continuing to build new ones," she said.

Jax the cat hangs out in Ottawa's first cat café, which is set to open in Hintonburg.
DYLAN C. ROBERTSON/FOR METRO

A FELINE FIRST

Mission of Ottawa's new cat café is to find new home for strays

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Your essential daily news

New York's tourism industry plans to woo Canadians to help combat 'the Trump slump' **World**

IN BRIEF

Conservation authority issues flood warning

With rain in the forecast for Monday, flooding could again be a worry for communities along the Ottawa River, according to the Rideau Valley Conservation Authority.

The RVCA put out a statement Friday warning 70 millimetres of rain forecast from Sunday to Monday is expected to bring high water levels back to the Cumberland area and Britannia Beach on the Ottawa River. They said the rain, combined with runoff from the land, is to blame for possible flooding. The RVCA recommends that children be kept away from open water while the levels are high. DREW MAY/FOR METRO

Road closures underway

Monday's commute will have a few more barriers in the way as road closures start for several construction projects.

Lyon Street is closed from Powell Avenue to Chamberlain Avenue to both cars and cyclists until June 14, while the city installs water pipes and sewers.

Greenbank Road is closed from Jockvale Road to Cambrian Road until June 9, while the city installs new sewers. Detour signs are up. Access for local traffic and emergency vehicles will remain. To access St. Joseph High School, school buses must enter Greenbank Road from the north, at Jockvale Road. Local traffic to properties at the southern end of the closure (3380 Greenbank Rd.) must enter from the south, at Cambrian Road.

Loretta Avenue South is closed between Beech Street and Young Street until May 19. METRO

Bargain hunters look through a collection of items left behind by OC Transpo customers on transit vehicles during the biannual lost-and-found sale. DREW MAY/FOR METRO

Lost and found at rock-bottom prices

OC TRANSPO

Proceeds from biannual sale go to Heartwood House charities

Drew May
For Metro | Ottawa

Bargain hunters were out early Saturday to sort through all that was left behind on OC Transpo buses in the past year.

Germaine Gallant said she found great deals at the OC Transpo lost-and-found sale.

"I found everything from iPod shuffles, professional towels, art portfolios — they're like $200, I got it for $10."

Gallant said that although the sale started at noon, she and a friend were the first ones in line at 7:30 a.m. to make sure they didn't miss a good deal.

The biannual OC Transpo lost-and-found sales let members of the public shop for all the things others have lost on Ottawa public transit over the last six months. Proceeds from the sale go to Heartwood House, a community of 18 smaller Ottawa charities.

Moe Moloughney, executive director of Heartwood House, said the sales have been going on since 2002 and most items sell for between 25 cents and $5. She said the sales are a good opportunity for both bargain hunters and Heartwood House.

> **"I found everything from iPod shuffles, professional towels, art portfolios."**
> Germaine Gallant

"We reunite about 10,000 to 11,000 people a year with their lost items," she said. "The rest go into the sale or go to charitable organizations we work with."

Ryan Alekhin said he agreed it's a good opportunity for finding a bargain on expensive items. He said he bought a new Samsung smartphone for $250, a phone case, a pair of sunglasses, and a Playstation 4 controller.

Other items for sale included hockey sticks, a single bicycle tire, and bowling balls.

"I went in with the premise of you could probably get a phone for cheap but suddenly I found a lot of other things that you could buy for very cheap and that was really cool," he said.

"I expected this to be a smaller sale but there were a lot more items than I thought at first," he added.

Heartwood House will hold the second lost-and-found sale for the year later in the fall.

CITY SERVICES

Library reviewing hours

Alex Abdelwahab
Metro | Ottawa

The Ottawa Public Library is reviewing its branch hours for the first time in 15 years.

Last week, it sent out an email to all current library card holders, asking them to opt in to a review of the library's hours of operations, set to begin in the coming weeks.

Catherine Seaman, division manager of branch operations, said the library has not done a review since just after amalgamation.

Seaman said for years, the library has gotten feedback from customers wanting different hours.

"You know, 'Oh, we'd like to have more family-friendly hours, we'd like to have more Sunday hours,' some people will send a message saying, 'How come you're not open Friday nights?'" she said.

The review is meant to determine what the library's key hours should be, Seaman said, making it clear it would not lead to cut hours.

"It's really a review of how we allocate our hours at all our different branches," Seaman said. "We know our customers' needs have changed over the last decade. We also know that communities have changed, demographics have changed."

It may also lead to increased hours in the future.

If the survey indicated there was a big need for more hours, Seaman said, the library would take the information to its board for possible additional funding in future budgets.

Public polling firm, Nanos Research, will be conducting the review, which will include an online survey and focus group for current library card holders and a broader survey of the general public, some who may not have library cards, according to Seaman.

The public consultation is expected to wrap up by the end of May, Seaman said, and then the review will move on to a staff consultation.

"They know what's out there in the community and what people are asking for, as well, so we're going to try to get some input from staff," Seaman said.

The final recommendations should be available by the fall.

ENVIRONMENT

Ecology Ottawa launches tree-planting initiative

Ecology Ottawa has started a new program to get thousands of trees planted on private property in Ottawa.

Graham Saul, the group's executive director, said they aim to give out 10,000 to 20,000 saplings of different varieties for people to plant in backyards or on front lawns.

The tree giveaway is part of a larger campaign started in 2014 to have one million trees planted in Ottawa for Canada 150. He said the giveaway fills the hole in the original campaign of putting trees on private property.

"A lot of the land in the city is in the hands of private property owners so it's essential that private property owners participate in the replanting process," he said.

Saul said another goal is to combat the emerald ash borer, a bug which he said has killed hundreds of thousands of trees in Ottawa.

"The city's tree populations have been devastated by the emerald ash borer, which is killing pretty much every ash in the city," he said. "On a broad scale it's actually millions of trees."

Saul said Ecology Ottawa is looking for community partners to help them give out saplings for people to plant themselves. He said there are many benefits to having a robust tree population in urban areas of the city, including shade, homes for animals, and health benefits for humans. DREW MAY/FOR METRO

RENTERS

Before move-in, research

Tamar Harris
For Metro | Ottawa

For renters, May 1 isn't just the start of a new month — it's often the start of a new lease in Ottawa.

If you're living in one of Ontario's 1.2 million rental homes, here's what you should know before you carry the first box across the threshold.

The Human Rights Code says that all people in Ontario have the equal opportunity to access housing, no matter your immigration status, religion, race, sex, gender identity, ability or whether you have children.

Once you move in, your landlord is required by the Residential Tenancies Act to give 24-hour notice before entering the home (and they can only enter between 8 a.m. and 8 p.m.), except for emergencies.

Rent can be raised once every 12 months, and your landlord is required to give 90 days written notice.

The Ontario Government decides rent increase guidelines annually — it was 1.5 per cent in 2017. Rent increases above the guideline must be approved by the Landlord and Tenant Board.

Last week, the Ontario government introduced new legislation to help keep rental costs down and strengthen protections for tenants.

"We can't stand by and watch as people in Ontario face dramatic rent increases and remain vulnerable to unfair practices," Minister of Housing Chris Ballard said in a statement.

The legislation as proposed would set out a standard lease for all renters and eliminate above-guideline rent increases for utilities to encourage energy efficiency and protect tenants from carbon costs.

Plamondon named NCC interim chair

PUBLIC SERVICE

Commission will unveil 50-year plan in two weeks

Craig Lord
Ottawa Business Journal

At a time of renewal for the National Capital Commission, board member Bob Plamondon will succeed Russell Mills as interim chair, ending the 10-year tenure of the prominent Ottawa leader.

Mills' term began in 2007 and expires at the end of April, with no option for renewal or extension. The federal government began the search for a permanent chair in February, and applications for the role have since closed.

Mills chaired his last NCC board meeting on April 6. At that meeting, NCC chief executive Mark Kristmanson thanked his colleague for his decade of service, one that he said shows a dedication to improving the lives of people in the Capital.

Kristmanson pointed to the NCC's attitude towards transparency and open decision-making as Mills' legacy.

"'Public business being done in public' has been your underlying philosophy. Before 2007, meetings like this one were held behind closed doors," he told Mills at that meeting.

"I know I speak on behalf of all of the board members and the staff when I say we are grateful for the leadership you have shown."

Mills' interim replacement, Plamondon, has been with the NCC for the past three years as chair of the finance and audit committee and a member of the executive committee, as well as sitting on special committees related to LeBreton Flats and 24 Sussex Drive.

Plamondon says he's not sure how long his term as chair will last, as it's dependent on when the federal government appoints a permanent successor.

Nonetheless, he takes on the chair role at a pivotal time for the NCC. In two weeks, the organization will unveil its 50-year plan, laying out its priorities for the capital's next half-century.

"It's our ambition. We have to have a long-term view, we have to think about what this capital will look like not just next year, 10 years from now, but 100 years from now," Plamondon said.

FOOD NO RAINING ON THE PARADE OF POUTINE While Sparks Street had been packed on Saturday afternoon for Poutinefest, true die-hards of the delicacy still made it out during Sunday's soggy and cold weather to eat fries and gravy huddled under umbrellas and covered entranceways. HALEY RITCHIE/METRO

Ottawa DIGEST

OVERBROOK

One person hurt in fire

An early morning fire in Overbrook resulted in one person being taken to hospital.

Fire Services received multiple 911 calls of smoke and flames coming from 413 King George Street in Overbrook on Sunday morning around 2:15 a.m.

One adult had injuries on his hands caused by broken glass while trying to save their cat inside the home. The patient was treated by paramedic and taken to hospital.

METRO

STABBING

Victim identified

The victim of Thursday's fatal stabbing has been identified as Devon Labelle, 24, of Ottawa.

Labelle died in hospital after he was stabbed with a knife in a targeted attack on Montreal Road and Begin Street, around 3:20 p.m. Thursday.

The Major Crime Unit is investigating and continue to search for suspects.

METRO

CRIME

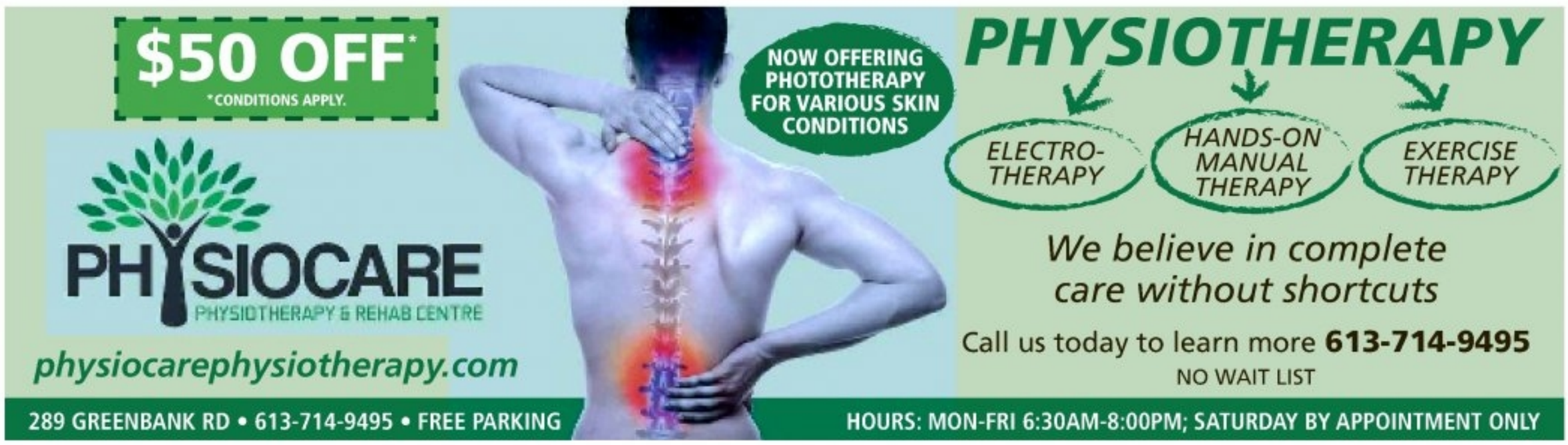
Man charged in robbery

Ottawa police have charged one man after what they called a "violent personal robbery" early Thursday morning on Arlington Street, near Bronson Avenue.

Police say the victim had been in a dispute when his assailant "produced a knife, stabbed the victim several times, and robbed him of cash and cigarettes," according to a release.

Nathan Akindolire, 26 of Ottawa has been charged with robbery, aggravated assault, obstructing a peace officer, possessing a weapon and breach of probation.

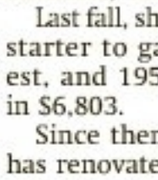
METRO



New cat café's mission: help strays find a home

PETS

Feline Café will open soon and will be first of its kind in city



Dylan C. Robertson
For Metro | Ottawa

A white-pawed tabby cat named Jax rubs his left side against a burlap table leg, hops up a bookshelf and sprawls out next to a coffee mug.

Relaxed strangers with drinks like "cat-purr-chino" and "meow-cha latte" pet, pucker and chat as five cats wag their tales.

Ottawa's first cat café will launch as soon as this week in Hintonburg, with a mission to find stray cats new homes.

"This is a place for people who love cats," Feline Café owner Josée Cyr told Metro.

"Maybe they're thinking of adopting, or don't have the right apartment, or they travel a lot for work."

Cyr got the idea after visiting a similar café in Montreal, which blended her passions for business, animals and food.

Last fall, she launched a Kickstarter to gauge local interest, and 195 people pitched in $6,803.

Since then, the 25-year-old has renovated an older building and made shelves and posts from reclaimed construction materials, thanks to local recycling-design firm re4m.

Cyr said the hardest part was wrangling city permits. The food counter and cat lounge are bisected by a two-door vestibule, to conform to health codes.

Jax the cat gets comfortable beside Feline Café owner Josée Cyr at the city's first cat café. DYLAN C. ROBERTSON/FOR METRO

When the city approves a food permit, the café at 1076 Wellington St. W. will be open to the public.

The cost of the salads, sandwiches and drinks is used to look after the cats, Cyr said.

The cats are from Ottawa Stray Cat Rescue, which prepares biographies for each feline with adoption information.

> This is a place for people who love cats. Maybe they're thinking of adopting, or don't have the right apartment. Josée Cyr

Jax, for example, is "an old soul" born in spring 2014 who "loves to cuddle and he is very calm."

It's Ottawa's first permanent cat café, though the LGBTQ centre Kind Space holds a monthly Purrfect Café event in Centretown.

Jason Weber donated $75 to the crowdfunding effort. As a cat-adoption advocate, he hopes the café will help with a backlog of stray cats.

"This could really support local groups, because there are cats in foster homes across the city," he said.

"Seeing a cat and their personalities is so much more than a photo on Instagram."

MEDICINE

Abortion pill to be free for women

The Ontario government is promising to soon make an abortion pill free for all women in the province.

Mifegymiso, known as RU-486 outside of Canada, is a combination of two drugs, mifepristone and misoprostol. After years of study, Health Canada approved its use as a non-surgical option for abortion up to seven weeks. It became available to the Canadian public in January and costs $300 to $450.

According to the Ontario health minister's office, the government is in conversations with the drug manufacturer, Celopharma, and hopes to begin covering the drug in the near future. Women with a prescription will be able to get it for free at a pharmacy.

> it's about personal preference and choice. Lyndsey Butcher

The announcement, made in the Ontario budget released Thursday, was welcomed by reproductive rights advocates.

Lyndsey Butcher, executive director of the Shore Centre, a sexual health resource centre in the Waterloo, Ont, region, said she was thrilled by the news.

Women will be able to fill their prescription at a pharmacy and have the abortion — which is the same experience as an early-term miscarriage — at home, she said.

"It's about personal preference and choice," Butcher said. "Some women would rather have the abortion at home, in their own time. Whereas, with surgical abortion women need to go into a clinic, often past protesters."

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iMARKETING

AIR SHOW

Snowbirds to soar over city Monday morning

Anyone in downtown Ottawa Monday morning should be ready to look up as the Snowbirds and France's national air demonstration team do a joint flyover of Parliament Hill.

Canada's Snowbirds and the Patrouille de France will fly over the hill and downtown Ottawa at about 10:45 a.m.

"The Royal Canadian Air Force is delighted to welcome the Patrouille de France to Canada as we celebrate Canada's 150 years of Confederation," said Lieutenant-General Mike Hood, commander of the RCAF, in a statement.

"Canada and France have a profound connection, and our national air demonstration teams' flying in formation is symbolic of our lasting friendship and alliance."

The teams will fly west to east in a 17-plane formation. The Snowbirds will have nine jets in the air and the Patrouille will have eight, with two photo-chase aircraft following. METRO

The CF Snowbirds and the Patrouille de France will fly over downtown Ottawa Monday morning. DAN PEARCE/METROLAND

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After losing her Fort McMurray home at 40 weeks pregnant, Kyle McLaren and her fiancé are renting a home with their daughter Dawson, now almost one year old. JENNIFER FRIESEN/FOR METRO

New mom details bittersweet return

FORT MAC: ONE YEAR LATER

Baby brought family strength in dark time

Helen Pike
Metro | Calgary

It was the best and worst year of her life. Last year, in their Abasand home, Kyle McLaren, who was 40 weeks pregnant, barely had time to scoop up her shoes before running out the door in the last minutes to evacuate from the Fort McMurray fire.

A year later, McLaren said she still dreams of what she could have taken with her — a photo album, an accordion file folder, her baby's blanket.

Her daughter, Dawson, who was born safely in Calgary on May 13 in Room 13 at 10:13 a.m., is walking now. McLaren says without her, she's not sure she would have made it through the fire.

"At first, none of it kicked in, we were just there," McLaren said. Instead of bringing her baby home to her own house, with the things she'd gathered for their newborn daughter, she was in a cramped room in her Calgary relatives' home.

"They let me just take a baby home from a hospital," McLaren said. "I still have postpartum, and I think it's worse because of what happened."

She said that when her mind lingers to having her next baby she immediately thinks: "What if the house burns down again?"

"Last year was the worst year of my life, but it was also the best, because she was born," McLaren said. "It was an exciting time and experience, but it was really crappy.… If I didn't have her, there was no way I would have made it through this.… She was a happy distraction."

Over the phone from Fort Mac, you can hear McLaren's teething tot gurgling in the background, fussing, laughing. Her home burnt down so she's living in a downtown condo. It took her eight months before she and her family felt ready to return.

"We were really excited to come up here, but it was scary," McLaren said.

When Dawson was six months old they came up to Fort Mac for a visit, snuck into their old neighbourhood and couldn't discern which of the rubble-ridden lots used to be theirs. That was hard, and she hasn't been able to go back since, but coming back for keeps was another matter.

"I was excited to be on our own again, be a family, but I was also terrified," McLaren said. "We drove up in separate cars, I wanted to pull over so many times and say, 'I can't do this, I'm going back.'"

She's still isn't sure how her daughter's birth story will form. Dawson is too young right now to realize the great escape her parents made to deliver her safely in Calgary.

"It's a life-changing thing," McLaren said. "I think it might be one of those things you tell at her wedding day."

Hearing about the fire now still upsets her. "Eventually, it won't be so hard to talk about."

metro EXCLUSIVE

Canadians ready to save Great Lakes: Poll

May Warren
Metro | Toronto

The majority of Canadians support stepping up to fund the Great Lakes if the U.S. guts a program to protect them.

That's the finding of a new Forum Research Inc. poll for Metro News.

It found 57 per cent of those polled agreed Canada has a responsibly to increase funding to the Great Lakes if the U.S. cuts investment.

President Donald Trump's proposed budget plans to nearly wipe out the Great Lakes Restoration Initiative, cutting its $300 million budget by 97 per cent.

Mark Mattson, president of Lake Ontario Waterkeepers, warns cuts would have disastrous consequences on interconnected Great Lakes ecosystem.

He believes the American people might still fight back against cuts.

"To make cutbacks now and to go from an era of restoration, which is really what we've been seeing for the last 10 years, and go back to an era of destruction is just not going to fly with the Americans," he said.

"I think the poll proves it's not going to fly with Canadians either, and we're prepared to step up and take a leadership role."

The program, started under former president George W. Bush, funds crucial activities like cleaning toxic areas and restoring natural habitats, said Nancy Goucher, manager of partnerships at Freshwater Future.

Groucher said Canada also needs to put money towards domestic initiatives, like addressing algal blooms in Lake Erie that are already affecting water quality.

"We are drastically behind the U.S. in terms of per capita funding that goes towards fresh water," she said.

The poll found younger Canadians (under 34), the least wealthy, and those in Ontario and B.C., more likely to support increased Great Lakes funding.

It makes sense, said Elizabeth Hendriks, vice-president of Freshwater Program at World Wildlife Fund Canada, as younger people are the ones who will have to live with the consequences.

SOCIAL MEDIA

Defence Minister offers full apology

Defence Minister Harjit Sajjan has apologized for embellishing his role in a key Afghan offensive even as evidence emerged that he had made the false claim before.

A beleaguered Sajjan took to social media this weekend to issue a full mea culpa for his claim to an overseas audience that he was the "architect" of Operation Medusa, a 2006 offensive by Canadian forces to oust Taliban fighters from districts around Kandahar.

Sajjan said he had "made a mistake" in describing his role. "I wish to retract that description and apologize for it. I am truly sorry," he tweeted Saturday, referring readers to a fuller explanation on his Facebook page.

It was not, however, the first time Sajjan made the claim. In 2015 he said Gen. Jonathan Vance, current chief of defence staff, saw him as a key figure in the 2006 offensive.

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OLGA SHUVALOVA

New York fears Trump slump

TRAVEL

City's tourism industry woos Canadians to ease drop-off

New York's tourism industry is worried U.S. President Donald Trump's America First policies are turning off Canadian visitors, and they're heading north this week to woo Canucks and their tourism dollars.

The head of New York City's official tourism organization, NYC & Company, minces no words in admitting he's keen "to counter a little bit of the negative rhetoric that is coming out of Washington."

"We recognize there are challenges at the border at the moment," Fred Dixon said by phone from New York before the trip.

"We want to remind everyone that New York City is welcoming and that we are a diverse and safe city, a sanctuary city like Toronto, and we value the same things."

A supposed "Trump slump" has yet to be verified by hard data, but anecdotal evidence abounds of would-be travellers vowing to avoid the U.S.

New York's allure plummeted after President Donald Trump unveiled anti-immigrant policies, says Fred Dixon, the head of the city's official tourism organization, NYC & Company. ISTOCK.COM

Dixon said New York's allure plummeted after Trump unveiled a barrage of proposed anti-immigrant policies that included a ban on travel from certain Muslim-majority countries.

And then Trump started railing against Canada in recent weeks, with attacks targeting dairy farmers, softwood lumber subsidies and the North American Free Trade Agreement.

His organization predicts New York will see 300,000 fewer foreign tourists this year, representing a 2.1 per cent decline.

That includes a projected 17,000 fewer Canadians, a roughly 1.8 per cent drop.

While that may not seem like much, Dixon fears the numbers could fall further. His forecasters have detected a drop in online searches for NYC getaways. "It seems like this isn't going to be a passing situation. We could be in this environment for some time."

Whether Trump is actually keeping Canadians from heading south is hard to determine, said Allison Wallace, a spokeswoman for the Flight Centre Travel Group.

Anecdotally, she said the company has heard clients say they'll avoid travelling to the U.S. — but their numbers aren't showing it yet.

Wallace said its U.S. bookings are actually up from the same time last year.

Meanwhile, a Toronto-based bus tour company that gained international attention by blaming Trump for a slump in March now says business has picked up. Al Qanun, manager and part owner of Comfort Tour, said he now expects a "strong summer and fall."

Dixon will host a press conference in Toronto on Monday to tout new and coming attractions, and meet with several travel companies including Air Canada, Porter Escapes and Travel Brands on Tuesday.

THE CANADIAN PRESS

NORTH KOREA

Missiles will 'get better'

U.S. President Donald Trump said after North Korea's latest failed rocket launch that communist leader Kim Jong-Un will eventually develop better missiles, and "we can't allow it to happen."

In a interview Sunday on CBS' Face the Nation, the president would not discuss the possibility of military action, saying: "It is a chess game. I just don't want people to know what my thinking is."

On Saturday, a North Korean mid-range ballistic missile broke up a few minutes after launch, the third test-fire flop this month. The program's repeated failures over the past few years have given rise to suspicions of U.S. sabotage.

In the CBS interview, the president was asked why the North's rockets keep blowing up. "I'd rather not discuss it," he said. "But perhaps they're just not very good missiles. But eventually, he'll have good missiles." He added: "And if that happens, we can't allow it to happen."

THE ASSOCIATED PRESS

IDAHO

Locker room assault sparks effort to heal communities

Bukky Ogunrinola's mother taught her years ago to use caution in how she dressed and presented herself in public. Being a young black woman in Idaho meant living in a world where she's sometimes greeted with suspicion.

Still, the 16-year-old was stunned to wake up one cold January morning to see the windows of her family's SUV smashed and the words "go back" in white paint splashed across the vehicle.

"I'm a woman of colour, and I'm an athlete in Idaho. That's not that easy. I mean, I think there's three of us in Idaho?" said Ogunrinola, whose family emigrated from Nigeria 14 years ago.

Community leaders in Idaho are collecting stories of violence and discrimination like Ogunrinola's in the wake of a sexual assault of a disabled black athlete by his white teammates that shocked not only a small town but residents across the state. They hope to identify possible policy changes or improvements to community outreach.

The effort is being launched in a state better known for its potatoes than its diversity, but that isn't stopping advocates from working to identify solutions to limit acts of hate.

John R.K. Howard takes a seat during his sentencing hearing in Twin Falls, Idaho. District Judge Randy Stoker sentenced Howard to three years of probation and 300 hours of community service after prosecutors said he took part in a brutal locker room assault on a black football player. THE ASSOCIATED PRESS FILE

According to Idaho State Police statistics, hate crimes in the state have gradually declined since 2011, with 22 hate crime incidents being reported in 2015. But nearly half were against a person of colour. Current census data shows Idaho's population is 89 per cent white and just 0.6 per cent black. Another 5.1 per cent identifies as other.

The effort began after John R.K. Howard and two teammates were charged with sodomizing a black teenage boy with a clothes hanger in 2015 in the locker room of the high school in the tiny farming town of Dietrich, known for its deeply religious population. The sex assault charge against Howard, who was 18 at the time of the attack, was later dropped. Instead, he was sentenced in March to probation for felony injury to a child.

News of the lesser charge sparked outrage and confusion. Critics argued the judge in the case failed to recognize its racial implications and was too lenient during Howard's sentencing.

As the case moves through civil court, others are working to ensure communities and schools remain safe spaces.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Monday, May 1, 2017

URBAN ETIQUETTE ELLEN VANSTONE

The top ten transit faux pas and how to avoid them

Judging by the mailbag here at Metro, our nation's public transit systems are filled with people who don't have the first clue about proper etiquette. It's almost as if they don't care about the comfort and safety of their fellow riders! Here is a handy Top Ten list of reminders for readers who do care.

1. Think of your backpack as a precious baby, that you want to hug to your chest and protect from the bumps and bruises of fellow riders. Do not think of this baby as a small lumpy weapon strapped to your back in order to whack surrounding passengers.

2. Keep your feet off the furniture. Those big boots of yours might impress some, but most of us will only be reminded of animals, like the ones you grew up with in a barn, and the dogs and pigeons whose sidewalk-poop particles you are now distributing onto seats shared by all.

3. Keep your business to your self. We're not impressed that you own a cellphone, and we don't want your loud conversation ringing in our ears while we try to mind our own business.

4. One ticket = one seat. Don't take up two seats with your bags and belongings. Don't take up 1½ seats with your elbows or sad addiction to manspreading.

5. Stand up and offer your seat when you see a parent struggling with small children, or a pre-parent struggling with a giant, unwieldy belly, or an older, infirm person, or any other kind of incapacitated fellow human being who needs that seat more than you do.

6. Stand aside if you're near the doors and not getting off. Don't block the exit doors.

7. Sit down rather than hover over an empty seat, preventing anyone else from using it.

8. Nibble discreetly on some inert comestible if you must. Please refrain from chowing down on a dripping, reeking burrito, half of which ends up on your clothes or the floor. It's hard to watch let alone smell.

9. Wash irritating chemicals off your body when going in public. Though your "eau de Pepé Le Pew" may smell marginally better than the warm, pungent sushi being scarfed down in the seat next to you, nobody really wants your artificial fragrance up their nostrils and bringing tears to their eyes. And if this appeal to consideration doesn't convince you, note that perfume, like plastic, is increasingly passé.

10. Move to the back. This is a strange one and we've all done it — we cluster near the front like mad drunks at a kitchen party, happy to be crushed in a crowd rather than retire to the thinly populated regions of the living room, or back of the bus. It's a human impulse But as overpowering human impulses go, this is one of the easier ones to master. So disengage from the crowd, be the rugged individualist we know you can be, and lead the masses to space salvation at the rear!

It's these small acts of heroism that may save us all in the end.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

Revived rift is ruining my ability to wax nostalgic

Like fanny packs, crop tops and Jeff Goldblum's career, trade conflagrations over softwood lumber with our American neighbours are back.

It's the '90s all over again.

Softwood lumber is in the news now thanks to Donald Trump, who last week slapped duties between three and 24 per cent on Canadian softwood lumber. Industry leaders here shot back, saying the move was illegal and they will fight it in court.

Growing up, my parents were nightly news watchers; it seemed to me that Peter Mansbridge was positively obsessed with softwood lumber. (We should not rule out the possibility that this trade debacle is actually Peter's parting present to his fellow newscasters. A true diva only leaves after an encore.) Back then, I did not understand what it was about but I, along with the rest of the nation, breathed a sigh of relief when Canada and the United States announced a resolution to the long-standing dispute in 2006.

The softwood lumber squabble was, I had hoped, something I could tell the next generations about with sighing nostalgia.

"In the '90s and early aughts," I planned to tell my grandnieces and nephews via telepathic Skype, "we used to have trees."

"Mom took us to see The Last Tree at Disney!" they'd exclaim.

I would sigh, "Yes, and once upon a time, we made things with trees and we got into a fight with the United States about trees. We called it the softwood lumber dispute."

With the deadpan boredom of children, they'd ask, "What's softwood lumber?"

"Hello? Sorry. My telepathy is going out."

My telepathy will not be going out. I don't think I can answer that question. And I had hoped that it wouldn't come up again during my adult years.

You see, I'm not entirely sure I know what softwood lumber is. I am certain I've been told about it.

It's one of those quirks of the brain that there are a handful of important things that I'll always have difficulty remembering.

For example, I regularly pay a utility bill but I can't tell you with any certainty whether it's heat, water, electricity or gas. It is possibly two of the four though I'd be guessing if I had to pick.

Another one I can't quite pin down is ovulation. I'm a woman and a feminist and I believe in taking responsibility for one's own health. And yet, I have nothing but a series of guesses as to all five Ws and the How of ovulation. That one I'm certain I've been tested on.

How odd then to find myself sympathizing with President Trump. Both of us know nothing about softwood lumber, have likely been briefed on it and are fudging the answer.

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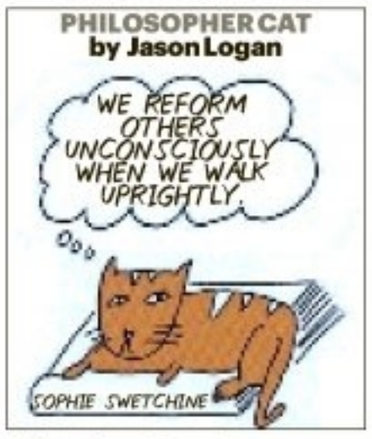

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metro LIFE
Your essential daily news

Hope for preemies as artificial womb helps tiny lambs grow

Defining free speech on campus

Universities are supposed to be places where debates happen about anything and everything, with no restrictions on academic freedom. On the other hand, higher education has traditionally excluded people from marginalized groups, such as women, ethnic minorities, poor people and LGBT people. It's a tough line to walk, as recent demonstrations, clashes, and cancelled events at campuses across Canada and in the U.S. have demonstrated. We brought together three viewpoints on the thorny issue of limitations to free speech. **GENNA BUCK/METRO**

DENIO LOURENCO

Lourenco is the LGBTQ co-ordinator at U of T Mississauga student union. CONTRIBUTED

What we are witnessing at U of T and other campuses in Canada and the U.S. are students who are making it clear that racism, transphobia, Islamophobia, and ableism will not be tolerated in educational environments where students are paying tens of thousands of dollars to learn and launch their careers.

While we believe that higher education institutions should be places where people can share different ideas and opinions, there are limitations to that – when classrooms are transformed into hostile learning environments.

Language can be constituted as violence because when used in a violent manner, it causes pain. Not to mention the potential effect of producing physical violence.

We need to challenge this myth that people like (University of Toronto psychology professor Jordan Peterson, who has drawn ire for saying he won't address transgender and non-binary people by their preferred pronouns) are making valuable contributions to academia. Peterson admits that he has limited knowledge on gender, theories of gender, or experience with trans people. What he's actually discussing is his own personal opinion, which is rooted in prejudice.

Ten months ago I would have defined the phrase "free speech" as the right to express an idea or opinion without censorship so long as that speech does not threaten or discriminate against a person or group. However, **today, "free speech" has been used as a tool to disguise and protect people's hatred and personal prejudices.**

STEPHEN HICKS

Hicks is Professor of philosophy at Rockford U. CONTRIBUTED

If we're devoting university funds to something, we should be inviting people who are scholars. Someone like Ann Coulter? I'm not going to be inclined, as a nerd academic, to invite that person. But if that person is invited, I'd tell my students: "Here's her point. It's out there. Part of your education is to be aware of it." If she's really bad, we should be able to out-argue her. **Part of life is learning that your views are going to be challenged. You're going to be offended. That's character education.**

(When it comes to freedom of speech on campus), it is always the worst case you have to defend: porn, neo-Nazis, people doing very offensive things in the art world with crucifixes. Even if you find them disagreeable or repugnant, we handle things in an open fashion. University should teach you to make nuanced judgments.

There's something important going on here, in the intellectual world. **Influential intellectuals argue there's no such thing as truth, rationality or objectivity. And if in a deep way you believe that, you stop trying to reach the truth and be rational.** Any tactic or strategy to get your group's view to prevail (becomes okay).

The broadest label for this is postmodernism. These ideas on speech are a pretty explicit part of that: If you don't think that speech is a tool we use for capturing our understanding of the world objectively and communicating it clearly, then you don't treat speech as something that's about civil debate. Speech becomes a weapon that is being used against 'our' interests. If you think there only are your views, and everyone else is Hitler, that's a problem with you. You're not an educated mind yet.

ZACHARY STRONG

Youth leader Strong is a recent McMaster U grad. CONTRIBUTED

People who invite speakers like Milo Yiannoupoulos aren't doing themselves any favours. **Dialogue has to go both ways, and inviting someone provocative in the name of "free speech" doesn't help the cause.** For speakers like Jordan Peterson, who actually has articulate commentary to offer, that's a different case entirely.

Part of university is learning to engage with tough ideas. If you try to shut down things you don't agree with, you lose out on actually understanding someone else's opinion. Usually there's a question and answer period where you can ask tough questions of the speaker. Being able to construct arguments and advocate for what you believe in is really important.

Students and young people now are not allowed to fail and deal with negative emotions. When they get into a situation where they have to confront ideas that they really don't agree with, it's actually really distressing.

I think students' attitudes toward university have also changed. University is more of a transactional thing now, where students go to school for a degree, not an experience. And universities let the experience be transactional. I don't think they really push students outside of their comfort zone anymore. I think they're afraid of getting bad press.

If these kids can't learn to grapple with tough ideas and reach compromise, when they become our politicians and our business leaders, they will be woefully unequipped to deal with actual challenges.

All interviews have been edited and condensed for brevity.

JOHANNA SCHNELLER
WHAT I'M WATCHING

As a group, humans are corruptible

THE SHOW: The Handmaid's Tale S1, E2 (Bravo)
THE MOMENT: The cookie

In a dystopian near-future, handmaid Offred (Elisabeth Moss) serves as a breeder for her Commander (Joseph Fiennes) and his wife Serena (Yvonne Strahovski). At another commander's house, a condescending wife offers Offred a cookie.

"You shouldn't spoil them. Sugar is bad for them," another wife scolds.

"Surely one won't hurt," Condescending says.

Serena hands Offred a perfect macaron. It's clear this is a rare treat. It's also horribly shaming. Offred takes a small bite.

"Isn't she well-behaved!" Condescending trills.

Offred, excused, clamps a hand over her mouth and ducks into a powder room. She spits the chewed cookie into the sink. She smiles into the mirror. They haven't killed her spirit yet.

I was anxious about this series. I greatly admired Margaret Atwood's novel, but there were things I didn't buy (the biggest: that a society set up by men would revolve around dreadful sex). But I'm happy, as the three episodes I've seen are terrific.

First, reviewers have noted, creeping totalitarianism in the real world makes the story eerily timely. Second, the flashbacks that show the U.S. turning into this rigid theocracy are excellent slices of believability. Third, we see just enough of them that the scenes of pre-turn, regular life look like heavens of freedom.

Mainly, I'm loving how the show makes room for scenes like this; original, off-kilter, yet tone-perfect character moments that demonstrate the larger theme: humans as a group are corruptible, but individual humanity can endure.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Elisabeth Moss as Offred in The Handmaid's Tale. CONTRIBUTED

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Don't pay the tax man too much

TAX

It's better to have money in your pocket now than later

Gail Vaz-Oxlade
For Metro Canada

People are always telling me why they can't save. In the next breath they tell me about the tax refund they're getting.

I ask: "Why would you give the government an interest-free loan? Are you cray-zee?"

They say: "It's like forced savings."

So what they're really saying is that they can't keep their sticky paws off their savings and would rather earn no interest on their money. Hmm.

Reality check: Money in your pocket now is better than money in your pocket down the road.

And yet every year, about two-thirds of the people who file a tax return in Canada end up getting a refund, with the average refund running to just over $1,400.

Geeze Louise! That's more than $100 a month you could have put to work for YOU.

Start by reviewing your TD1 Form to make sure you have only as much tax as necessary withheld. If you just got married and your mate doesn't have an income, you can update your TD1 to claim the spousal amount. Ditto if you're new to the workforce and plan to claim tuition credits you've carried forward.

Tax refunds sound and feel great, but wouldn't you rather have that money in the first place? ISTOCK

Here's a form that very few people use, but is remarkably useful for keeping money out of the government's hands: Form T1213: Request to Reduce Tax Deductions at Source. This form lets you request permission from the tax man to have your employer reduce the amount of income tax taken off of your paycheque every month.

If you can demonstrate that you're eligible for certain recurring deductions that will reduce your tax bill at the end of the year, you can trade in your tax refund for more take-home pay.

Do you make monthly RRSP contributions by way of pre-authorized withdrawal? You're eligible. How about childcare expenses? If you're tithing monthly, you can do it for your charitable donations. If you have rental losses, interest expenses on investment loans, or carrying charges, those are eligible too. So are support payments.

You'll have to fill out the form and send it to the tax man every year. You can do it at any time, but the best time is in October or November for the following year, so open up your diary and set a reminder right now. Once you're approved, the tax man will provide instructions by letter to you, which you then give to your employer, who will adjust your pay for the remainder of the year.

Fill out Form T1213 and get the tax man's approval and instead of paying extra tax and getting refunded, you'll pay less tax on an ongoing basis so you'll have more cash that you can then use to establish an automatic savings plan.

Whether you send that money to your RRSP, your TFSA or your high-interest savings account, it's way better in your hands than in the tax man's.

PERSONAL FINANCE

Are you financially healthy?

Traditional financial literacy efforts haven't been a rousing success. That's why many experts concerned about our money habits are promoting the concept of financial health.

"Financial literacy is really what you know. Financial health is the outcome," says Rachel Schneider, senior vice-president for the Center for Financial Services Innovation in the U.S. "You might know what to do, but the gap between knowing and behaviour is huge."

> **The gap between knowing and behaviour is huge**
> Rachel Schneider

The concept of financial health also acknowledges the forces beyond our control. Just as physical health is a combination of behaviour, genes, and access to good medical care, financial health is a result of personal decisions and abilities, the economy, and access to good, unbiased financial services and advice.

Definitions of financial health typically have three common factors: You can manage your day-to-day financial life; you can absorb a financial shock; and you're on track to meet your financial goals.

How do you get there? Several behaviours can help.

Firstly, you spend less than you earn. This is the foundation for financial health. You can't get out of debt or save for the future if your expenses eat up all your available income.

Also, you pay bills on time. You manage your cash flow and meet your regular financial obligations. Missing payments costs you money in late fees, hurts your credit and causes stress.

You have a decent emergency fund. The Center for Financial Services Innovation would like to see everyone have six months' worth of living expenses set aside. What's more important than the amount is developing a habit of saving regularly so you continually replenish.

Ensure your debt load is sustainable. The Center for Financial Services Innovation recommends that mortgage payments consume no more than 28 per cent of pretax income.

THE ASSOCIATED PRESS

Farm's water buffalo are the big cheese

DAIRY

Consumer demand for versatile milk is growing

Owen Roberts
Urban Cowboy

Nothing says spring like the birth of a baby animal — even if that baby is a 100-pound water buffalo, named Jolene.

Jolene was born last month at the Ontario Water Buffalo Company, about two hours east of Toronto. Owners Martin Littkemann and Lori Smith are expecting about 100 calves this spring.

Females like Jolene are particularly coveted for their milk. In four years, when she's a full-grown five-foot-tall, 2,000 pound adult, she'll be producing up to 10 litres of milk per day.

And that's music to Littkemann and Smith's ears.

Buffalo milk is a lucrative, sought-after, versatile product. It's protein rich, high in fat and low in cholesterol. This spring, Littkemann and Smith are working with commercial dairies in Toronto and elsewhere to produce new water buffalo products, including gelato and a blue cheese called Azzurro di Bufala.

Restauranteurs are catching on. Clark Day, newly minted fellow of the Ontario Hostelry Institute and owner of Bayview Farm Restaurant in Kingston, Ont., says Littkemann and Smith make some of the best cheese in the province. In his fine dining establishment, he offers the Ontario Water Buffalo Company's mozzarella — the crowning jewel of a tasty Caprese salad — along with its asiago, blue and ricotta cheese.

"Martin and Lori and talented and incredibly hard working farmers" he says, "and we are honoured to represent them at our restaurant. Their products help keep our menu varied and original."

Lori Smith gives some love to newborn calf, Jolene. PHOTOS BY LIZ BEDDALL/FOR METRO CANADA

THE FUTURE *of* FARMING

What's next for these water buffalo farmers?
Researchers at the University of Guelph and McGill University are helping the Ontario Water Buffalo Company improve the genetics of their herd. That involves modern reproductive technology, such as embryo transfer, in-vitro fertilization and artificial insemination. By the fall, the farm hopes to be exporting breeding animals.
OWEN ROBERTS/FOR METRO

Helping feed the hungry world
It's estimated that by 2050, the world will be consuming two-thirds more protein than it does today. Some experts believe indigenous animal such as water buffalo could help. "Buffalo production makes an important contribution to economic development, rural livelihood, poverty alleviation, and meets the fast-growing demand for animal protein," write B.M. Naveena and M. Kiran in the journal Animal Frontiers.
OWEN ROBERTS/FOR METRO

Herd assistant Erin Joron, left, and herd manager Caitlin West work in the milk barn.

one of the largest and most well-established of the dozen water buffalo farms in Canada.

Yet despite its size, Littkemann, Smith and their herdspeople know each animal by name.

Jolene, for example, is joining the likes of Zorra, Jamaica and Sunnie, other names found in the herd.

The water buffalo have oodles of room to roam and graze here — 450 acres, in fact. They can swim in an eight-foot-deep pond. They can wallow in whatever mud they can find.

Or they can chill.

Despite their size, water buffalo are gentle, docile animals, content to do very little. Yvette, the farm mascot, even lets people sit on her back for photos, each year during the Water Buffalo Food Festival in nearby Stirling.

And even though they are easily milked — like they are twice a day at the Ontario Water Buffalo Company, at 6 a.m. and 5 p.m. — they've never really caught on in Canada. Here, more productive breeds of dairy cows, especially Holsteins, are favoured, which give about three times as much milk per day.

But that's fine with farmers Littkemann and Smith, who have experience with conventional dairy and beef cattle. When they decided to commit to water buffalo, they weren't looking for the norm.

"We tend to take the road less travelled," says Littkemann. "We like doing something different, and in Canada, it's hard to find something more different to farm than water buffalo."

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.

FARM *links*

Connecting with the world of water buffalo

- **Ideas for using buffalo mozzarella**
  pinterest.com/explore/buffalo-mozzarella
- **All about water buffalo**
  nationalgeographic.com/animals/mammals/w/water-buffalo
- **Water Buffalo Festival**
  ontariowaterbuffalo.ca/events.html
- **Take our poll** The name of Martin and Lori's next water buffalo calf will start with an "L." Take our **metronews.ca** poll and tell us what the calf's name should be?

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SUMMER CAMPS

Prepping your newbie day camper

Your daughter is about to embark a fun-filled journey with new friends and exciting adventures. The only problem? She doesn't know it yet.

Here are a few tips to help parents ease any pre-camp jitters and make the most of what will surely be the best of times.

It begins even before the camp is selected.

"One great tip that we often recommend is to choose camps with your kids," says Agnes Stawicki, managing editor at Our Kids Media. "When they're involved in it from the start they can take ownership of that decision."

ISTOCK

Then when it comes to getting ready for camp that first morning, she says that involvement should translate into eagerness.

The next step is getting into reminder mode.

"Let them know ahead of time – say the week before – what is happening next week," says Stawicki. "You can share with them little tidbits on what is going to be happening at camp or the types of activities that they might be getting involved in. And that will again get them excited about going."

That first hurdle, she says, may be the only one that needs clearing. "Once they get there on the first day, they're typically so excited they can't wait to go back (the following day), and by the end of the week they're saying, 'No, it's already done? I want to stay longer.'"

Staying on top of the actual requirements of the camp can also reduce anxiety.

"Make sure that you have a good look at a checklist of what to bring and what not to bring," she says. "Particularly regarding food allergies, so that your child doesn't feel that they are singled out for bringing something that's not allowed."

Stawicki says homesickness is less prevalent than at sleep-away camps, partly because kids have reached school age and are accustomed to being away from home throughout the day. "That said, speak to the camp if you feel that your child may be homesick and find out what their policies are around that," she says. "Most camps are very open with communication. Just to let you know how your child is doing, as well."

–SEAN DEASY

CONTRIBUTED

JCC CAMPS HAS SOMETHING FOR EVERYBODY

JCC of Ottawa Summer Camps (at the Soloway Jewish Community Centre) are jam packed full of fun, new experiences, and a lot of activities.

Traditional day camps for kids ages three to 10 includes weekly themes such as Happy Birthday Canada, Sports of all Sorts, Craft and Create, Tropical Paradise and Hollywood Hits the JCC, just to name just a few.

"Campers have daily swim instruction, arts and crafts and lots of sports throughout each week," says Jon Braun, executive director of Summer Camps

The JCC specialty camps offers 20 exciting one week experiences all summer long. The menu of specialty camps is impressive: If We Could Talk to the Animals, The Directors Cut Music Video, Lego Camp, Horseback Riding Camp, and many more.

"For parents looking for variety JCC Specialty Camps has something for everybody," says Braun.

Got kids who love sports? JCC Summer Camps has a Travelling Sports Camp. Campers play a variety of sports at the JCC in the morning, along with a daily instructional swim.

Afternoons are off campus where campers head all over the valley on field trips like canoeing, tennis instruction, zip lining, rock climbing, go carting, skating, wind surfing, tubing, bowling, horseback riding and others.

"Athletes from the world of sports also visit the camp including members of the Grey Cup Champion Ottawa Red Blacks," Braun said. "Travelling Sports Camp is about participation and having fun so you don't have to be an Olympian to jump on the bus."

Getting students excited about geography and engineering

From witnessing evidence of ancient landslides and studying the microclimates of caves to analyzing field samples and microscopic living organisms, participants of the University of Ottawa's Geography-Engineering Week are in for a unique and fun experience, says one of the program's coordinators.

"It is designed to show students that in many ways geography and engineering are interrelated and get them excited about the interdisciplinary opportunities," says Michelle Chaput, a PhD student at the University, who will coordinate the geography portion of the summer program geared towards teens who have completed grades 9 to 11.

Partnering the University's Department of Geography, Environment and Geomatics of the Faculty of Arts with the Faculty of Engineering, the program takes place July 10 to 14 and will consist of hands-on activities and workshops in and around Ottawa while also serving as an introduction to the undergraduate experience.

CONTRIBUTED

"With two and a half days focused on geography and two and a half days spent on engineering, participants will get to see what it's like to listen to a brief intro lecture and then jump right into activities in field or lab settings, which is very different than the high school experience," says Chaput.

Registration for the program is now open and limited. This particular enrichment course may be offered exclusively in French and exclusively in English during the same week depending on demand. For more information, visit arts.uottawa.ca/en/summer-program.

HAVE FUN WHILE LEARNING NEW LANGUAGES AT THE OCDSB CAMPS

Fun with Languages: Give your child the opportunity to learn a language this summer while having an enriching and fun learning experience.

The Ottawa-Carleton District School Board's International Languages program is offering "Les amis" French Camps and "Los Amigos" Spanish Camp.

The program is designed for children aged five to 13 and delivered by a team of qualified and energetic camp counsellors. A variety of both indoor and outdoor language learning activities are offered for a fee from July 4 to July 28. These include a visit from Little Ray's Reptiles, Exploring Science and Nature as well as physical activities, just to name a few!

The program is being offered at the following locations:

1. Hopewell Avenue Public School, 17 Hopewell Ave., Ottawa
"Les amis" runs from 9:00am to 4:00pm
"Los Amigos" runs from 1:00pm to 4:00pm

2. New: Farley Mowat Public School, 75 Waterbridge Dr., Nepean
"Les amis" runs from 9:00am to 12 noon

OCDSB SUMMER LANGUAGE CLASSES:

The OCDSB continues to run International Language classes in the mornings from July 4 to 28.

International Languages is funded by the Ministry of Education and is free to children attending Ontario schools.

For further information about both of these programs please visit our website at InternationalLanguagesinOttawa.com or call 613-239-2703.

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Geography-Engineering Week
July 10-14 2017 • 9AM–4PM
Main campus of the University of Ottawa
Cost: $270

Participants will explore various locations to witness dramatic evidence of past glaciations and ancient landslides and study the microclimates of caves, take them to our labs to analyze field samples they've collected, introduce them to microscopic living organisms and what they can tell us about past ecosystems, and teach them how to use a GIS, a GPS and time-lapse photography to explore the Ottawa-Gatineau region.

Arts-Engineering Week
July 17-21 2017 • 9AM–4PM
Main campus of the University of Ottawa
Cost: $270

The Faculty of Arts and the Faculty of Engineering at the University of Ottawa are partnering up to offer you the best of both worlds: a full week of hands-on activities and workshops to experience how disciplines such as Theater, Music, Journalism, Greek and Roman Studies, History and Engineering can be approached in a variety of ways.

For additional information or to register, please visit our website: **arts.uottawa.ca/en/summer-program**

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FUN LANGUAGE CAMPS FOR CHILDREN (5–12 YEARS OLD) JULY 4–28, 2017!

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- French and Spanish Camps

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Summer Camp 2017

metro SPORTS

"I just want to fight everyone, man": Londoner Anthony Joshua who stopped Wladimir Klitschko in the 11th Round on home soil at Wembley Stadium

Sens thriving as 'dog

SENATORS-RANGERS

Murray Pam
FOR METRO

Jean-Gabriel Pageau, right, scored in double overtime on Saturday to give the Senators a 2-0 series lead over the Rangers.
ADRIAN WYLD/THE CANADIAN PRESS

Entering this playoff series, Senators coach Guy Boucher called his team an underdog, hoping they wouldn't get "crushed," and were "happy to win a game."

Alex Burrows stated Las Vegas oddsmakers didn't give them a chance. The 10-1 betting line is the highest of the remaining eight clubs for winning the Stanley Cup.

The team landed in the Big Apple Sunday with not one, but two victories over the Rangers to open the Eastern Conference semifinal. In fact, only four points separated the two in the regular season (102-98). The Senators aren't quite the underdog Boucher portrays them as. However, the team has three key players who are relishing this label.

Jean-Gabriel Pageau's four goals in Game 2 will go down in Senators annals as one of the greatest feats in franchise history. The 24-year-old topped his 2013 Game 3 breakout hat trick versus the Canadiens.

It wasn't just that Pageau notched four goals, it was their timing. The Ottawa native tied the game at one in the first period; scored a pair of third-period markers with the team trailing 5-3, before his eventual double-overtime winner.

Under Boucher, Pageau sacrificed offence for defence. Elevated in the lineup due to a Kyle Turris injury last season, the diminutive centre compiled 19 goals and 43 points.

Often pitted against the opposition's top trios, Pageau fulfilled his duty as a checker this season. Totals dipped to 12 goals and 33 points.

"Jean-Gabriel Pageau's four goals in Game 2 will go down in Senators annals as one of the greatest feats in franchise history.

However, Pageau's daily contributions weren't unnoticed. Earlier this season Boucher expressed surprise the fan favourite wasn't receiving Selke Trophy chatter.

Fredrik Claesson and Ben Harpur opened the season patrolling the blue line for AHL Binghamton. With a combined 60 NHL appearances prior to the playoffs, even ardent Senators supporters couldn't have envisioned the two would be a defensive pair in the Stanley Cup playoffs.

Well that's how it has played out. Harpur replaced injured Mark Borowiecki in Game 3 versus the Bruins. While Claesson, who filled in for Marc Methot in Game 1 of the same series, re-entered the lineup substituting for Chris Wideman the past three games.

Claesson could've chosen to return to his native Sweden this past summer, but gave the NHL another shot. His decision panned out. After 276 minor-league games, Claesson is in Ottawa to stay. Senators GM Pierre Dorion rewarded the 24-year-old with a one-year contract extension for next season.

At six-foot-six, 221 pounds, Harpur was drafted in 2013 as a project. Recently named Binghamton's top defender, Harpur's career literally took a giant leap. After Saturday's win, Boucher called Harpur a "savant player" who has innate ability to make plays.

The coach also commended Claesson's hard-working, dependable style. Claesson's slide to block a cross-crease Rangers pass in overtime may have stopped a goal.

The Senators head to New York City winners of 16 of their past 22 games at Madison Square Garden; which begs the question, "Who is the real underdog?"

Extra day off a welcome breather

Both the New York Rangers and Ottawa Senators are happy to have an extra day off between games, but for different reasons.

The Senators hold a 2-0 lead in the best-of-seven Eastern Conference semifinal as it heads to New York City for Game 3 on Tuesday. Ottawa took control of the series Saturday afternoon with a 6-5 come-from-behind double-overtime victory that stunned the Rangers.

"I think this extra day off between games is going to be beneficial for us," said Rangers coach Alain Vigneault. "Nearly the same situation happened in Game 2 in Montreal and we didn't respond real well at home in Game 3."

Alain Vigneault GETTY IMAGES

Vigneault didn't want to get into specifics, but feels there are definitely some areas where his team can improve.

Ottawa has its own adjustments to make, not to mention players to rest.

Clarke MacArthur played just two shifts in the second period on Saturday before leaving the game with an upper-body injury. Captain Erik Karlsson left the game briefly in the second period before returning and was able to finish the game, logging over 37 minutes. THE CANADIAN PRESS

NHL PLAYOFFS

Preds continue to roll on home ice

Cody McLeod scored the game-winner early in the second period, and the Nashville Predators beat the St. Louis Blues 3-1 Sunday to grab a 2-1 lead in their Western Conference semifinal.

Defencemen Ryan Ellis and Roman Josi also scored, and Colton Sissons added two assists. The Predators outshot St. Louis 34-23, and they now have won seven straight playoff games on home ice.

Alexander Steen scored for the Blues, who lost for the first time on the road this post-season.

GAME 3 In Nashville

PREDS	BLUES
3	1

Nashville goalie Pekka Rinne finished with 22 saves, including a flurry of stops to preserve the win.

Game 3 is Tuesday night.
THE ASSOCIATED PRESS

IN BRIEF

Tottenham finally escapes from Arsenal's grip

Tottenham shifted the balance of power in north London's soccer rivalry by securing its first Premier League finish above Arsenal in 22 years with a 2-0 victory over its neighbour on Sunday.

Arsenal imploded inside 77 seconds at the start of the second half to hand Tottenham a ninth consecutive league win. Dele Alli scrambled the ball into the net and Harry Kane won a soft penalty that he converted. THE ASSOCIATED PRESS

Bottas beats Vettel to finish line for first F1 victory

Valtteri Bottas claimed his first Formula One win on Sunday after holding off a late charge from Sebastian Vettel in the Russian Grand Prix.

Mercedes driver Bottas, a 27-year-old Finn who started third but slipstreamed into the lead off the start, finished 0.6 seconds ahead of Ferrari's Vettel. Kimi Raikkonen took third in the second Ferrari, 10.3 seconds further back.
THE ASSOCIATED PRESS

NBA PLAYOFFS

Thomas rallies Celts from early deficit

Isaiah Thomas had 33 points and nine assists, and the Celtics made 19 three-pointers to beat the Washington Wizards 123-111 Sunday in Boston and take a 1-0 lead in their Eastern Conference semifinal matchup.

Thomas played just a day after attending the funeral for his sister, who died in a car accident earlier this month outside of Tacoma, Wash.

The Wizards scored the game's first 16 points, but the Celtics rallied in the second quarter with Thomas briefly sidelined after getting one of his two front teeth knocked out.

Isaiah Thomas GETTY IMAGES

THE ASSOCIATED PRESS

MAKE IT TODAY

Healthy Peanut Butter and Jelly Smoothie

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Try this healthy morning drink that harkens back to a childhood favourite: the pb&j. If allergies are an issue, feel free to swap almond, cashew or sunflower butter for peanut butter.

Ready in: 5 minutes
Prep Time: 5 minutes
Serves: 2

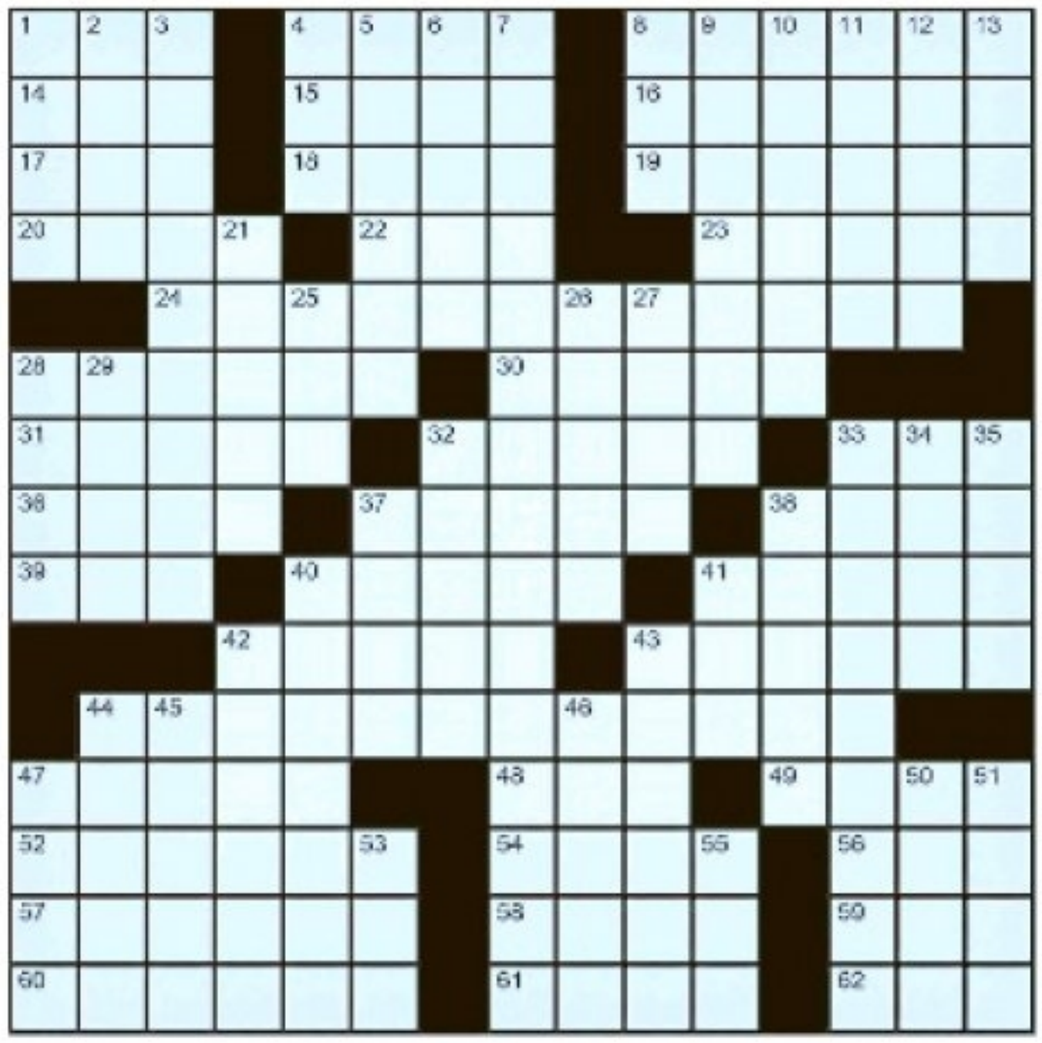
Ingredients
- 1/4 cup frozen blueberries
- 1/4 cup frozen blackberries
- 1/4 cup frozen raspberries
- 1/3 cup Greek yogurt
- 1 heaping Tbsp peanut butter
- 3/4 cup almond milk
- 1 date

Directions
1. Place the date at the bottom of your blender and then all of the other ingredients. Whiz until you get a smooth consistency.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Opera singing style, _ canto
4. Stuff emptied from beach shoes
8. Skyping need
14. 108-card game
15. 'Very', hip-style
16. Put on a frock as a court professional
17. VJ's network
18. Attraction
19. Word origin
20. Li'l favoured choice
22. _-Aztecan languages
23. Viking manoeuvers
24. Traditional folk performance around a streamers-decorated post: 2 wds.
28. Reduced salary
30. _, Michigan
31. E! reality series, for short
32. Bracelet location
33. P-to-T link
36. Pate de foie _
37. Red veggies
38. Subatomic particle
39. Enunciate
40. Wedding gown wearer
41. English dramatist, George _ (Contemporary of William Shakespeare)
42. Do something beneath one's dignity
43. Farm formation for foals
44. 'As Long As Your Eyes Are Wide' is this Vancouver band's new album: 3 wds.
47. Sharp weapons
48. Roman myth household deity
49. Fleece
52. "Welcome to our home.": 2 wds.
54. Trim
56. "Bambi" (1942) character
57. Exceed
58. "Step _ _ pets." (Furry friends palindrome)
59. Time off letters
60. More succinct
61. Turndowns in the Highlands
62. "Move Your Body" singer

DOWN
1. Knocked noggin result
2. Doorway, e.g.
3. 'It's a new road' in this Psychedelic Furs tune: 3 wds.
4. South: French
5. Like a sudden ending
6. "Fab!"
7. Physician who was Montreal's mayor from 1854 to 1856: abbr. + first name + last name
8. Small
9. Competitor
10. Women's fashion chain, Lane _
11. Comedian
12. Home
13. YMCA part
21. Actualities
25. Sound of laughter
26. Upper crust
27. Univ. treatise
28. Puny parcels
29. Glowing light
32. Consider the options
33. Denizens of Longueuil's province
34. Tire-moving maneuver
35. Snick-or-_
37. The _ Awards (Music honours across the pond)
38. Restaurant offerings
40. Place to place a night table
41. Org. in Jeannie C. Riley's 1968 hit
42. Scuba professionals
43. One might have icons and candles
44. Pushily push
45. Archer, when pointing
46. 1979: "I _ Be Your Lover" by Prince
47. Aberdeen's country, briefly
50. Years, in old Rome
51. Rooney of "The Social Network" (2010)
53. Lofoten's li'l land
55. Blood type designation, for short

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
If you can play hooky today or cocoon at home, you'll be happy to do so. Somehow, you don't feel ready to greet the world this Monday morning. (Sigh.)

Taurus April 21 - May 21
Today you will use your emotions to make important decisions. However, be careful, because hunches are not always right. Use caution to prevent accidents today.

Gemini May 22 - June 21
Be mindful of your money and your possessions today, because something out of the blue might cause you to lose money or break something you own. Be careful.

Cancer June 22 - July 23
You feel restless and rebellious today. You might be obsessed with an idea or something unusual or different. Guard against accidents. Slow down.

Leo July 24 - Aug. 23
Today is a tough Monday. Things are unpredictable, and it's hard to stay focused. Just do your best to keep treading water. (That's all you can do.)

Virgo Aug. 24 - Sept. 23
A friend might surprise you today. Alternatively, you might meet a real character — someone who is different or unusual. Either way, this is not a boring day!

Libra Sept. 24 - Oct. 23
You might be high-viz for some unexpected reason, especially when dealing with parents, bosses and VIPs. (Incidentally, this includes the police.) Be aware.

Scorpio Oct. 24 - Nov. 22
Travel plans and schedules for postsecondary schools are subject to unexpected changes and delays today. You can count on this. Allow extra time so that you have wiggle room to cope.

Sagittarius Nov. 23 - Dec. 21
Stay on top of matters related to inheritances, taxes, debt and shared property so that you are not caught off guard today. Something unexpected will affect these areas.

Capricorn Dec. 22 - Jan. 20
Conversations with your partner or a close friend will be touchy today, because people are rebellious and independent. This person doesn't want to cooperate.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted with equipment breakdowns, computer crashes, staff shortages and canceled meetings today.

Pisces
Feb. 20 - March 20
This is an accident-prone day for your children so be extra vigilant. Likewise, social plans might suddenly change. Oops! This also is a rocky day for romance.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3		8		2			
		9				1		5
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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	8	2	6	3	4	9	7	5
4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
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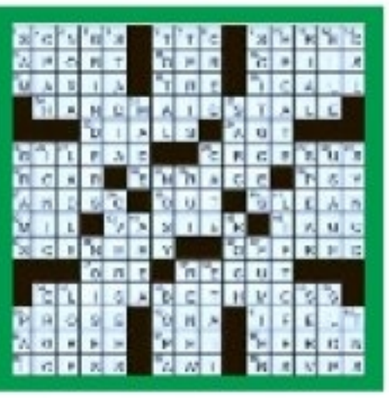

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